

**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2020**  
**FOR**  
**THE BODY DYSMORPHIC DISORDER FOUNDATION**

C Males  
SJ Males & Co  
Chartered Certified Accountants  
Basepoint Business and Innovation Centre  
110 Butterfield  
Great Marlings  
Luton,  
Bedford  
LU2 8DL

**THE BODY DYSMORPHIC DISORDER FOUNDATION**

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**FOR THE YEAR ENDED 30 SEPTEMBER 2020**

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## **THE BODY DYSMORPHIC DISORDER FOUNDATION**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR TO 30 SEPTEMBER 2020**

The trustees present their report with the financial statements of the charity for the year to 30 September 2020. The trustees have adopted the provisions of FRS 102 and the Charities SORP FRS 102 issues on 16 July 2014.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Charity number**

1153753

##### **Principal address**

45b Stanford Road  
Friern Barnet  
N11 3HY

##### **Trustees**

Dr R Willson  
Prof D Veale  
M Iris  
N Schnackenberg  
J Davidson  
S Bagwell  
A Jassi

On the 18<sup>th</sup> Jun 2020 A Campbell and K Wallace stood down as trustees for the Foundation at the annual AGM.

##### **Independent examiner**

C Males  
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#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The Charity is a Charitable Incorporated Organisation with voting members other than its Charity Trustees, constituted under an "Association" Model Constitution dated 10<sup>th</sup> September 2013 and is a Registered Charity, number 1153753.

##### **Recruitment and appointment of new trustees**

It will become necessary to look for individuals with an interest in the aims and objectives of the trust and approach them to become a trustee. A new trustee would be provided with a copy of the trust deed and have a meeting with the existing trustees to explain the aims and objectives of the trust.

## **THE BODY DYSMORPHIC DISORDER FOUNDATION**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR TO 30 SEPTEMBER 2020**

#### **Organisational structure**

The trustees meet at least six times a year, during which the trustees agree the broad strategy and areas of activity for the Trust, including consideration of fund raising activities, investment, reserves and performance.

#### **Risk management**

The trustees have reviewed all major risks to which the charity is exposed and systems have been established to mitigate these risks.

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

The aim of the charity is to relieve the suffering of those with body dysmorphic disorder. The objectives are to utilise funds within the trust to raise awareness and provide support through The Body Dysmorphic Disorder Foundation website.

##### **Grantmaking**

The trustees regularly discuss applications to the trust and consider areas to support by way of grant payments.

#### **FINANCIAL REVIEW**

##### **Reserves policy**

The Charity currently has free reserves equal to the value of the Charity's unrestricted funds.

##### **Investment policy and objectives**

The Trust's current investment strategy is to hold all monetary assets with our bank, using short-term fiduciary placements to maximise interest received on deposits held.

During the year ended 30th September 2020 the Trust received voluntary unrestricted income of £19,280 and restricted income of £15,397. They expended £19,098 on charitable and governance activities for unrestricted projects and £14,127 on restricted projects resulting in an overall surplus of £1,452. The trustees received a grant of £5,248 from Seetec to go towards our Schools Project. The aim was to begin an educational programme with volunteers going into schools and delivering a session about BDD for teachers, students and parents. Sadly, this had to be put on hold due to the pandemic. We received a £9,649 National Lottery Community Fund grant as part of the Government's Covid-19 relief scheme. This money was put towards the expansion of our support services. We developed a new email helpline bringing on a helpline manager, Christian Bower, who supervised the training of volunteers to respond to emails asking for support and information on BDD. The Structured Support Group Project held its third round, with two groups running concurrently. Participant numbers were doubled and new volunteer facilitators trained. This project was led by Hannah Lewis and Alanah Bagwell. We created a weekly zoom support group with new volunteer facilitators recruited and supervised by Minnie Iris. We also held three series of webinars on BDD related topics, provided as an extra support during the UK lockdowns. The Trust's website is constantly being updated with extra information and links by the Trustees during the past year and we began development of a new and updated website due to be launched in 2021.

## **THE BODY DYSMORPHIC DISORDER FOUNDATION**

### **REPORT OF THE TRUSTEES** **FOR THE YEAR TO 30 SEPTEMBER 2020**

#### **FUTURE DEVELOPMENTS**

The BDD Foundation aims in 2021 to continue to raise awareness through developments of the new website, expanded support groups and in the media. The trust's Structured Support Group project will continue to support those suffering from BDD. In addition, we will continue to run our e-helpline and weekly zoom support group. We are working towards an online Conference in collaboration with the charity OCD Action in June 2021. Our new website will be launched this year. We hope to be able to resume the School's Project later in 2021, with the easing of lockdown restrictions. The Foundation will continue to work with a professional fundraising consultant to help us grow the infrastructure of the charity by increasing core funding. We hope to use this to increase employee hours and expand our support projects. This is especially needed due to the increased demand for support due to the pandemic and the fact that the majority of our services are run by a small, but dedicated, group of volunteers. After the year end the trustees formally designated spending of a total of £22,824 aimed at achieving critical projects supporting the BDD Foundation's aim including the new website, the 2021 conference and the continuation of the Email Helpline.

#### **TRUSTEES RESPONSIBILITY STATEMENT**

The trustees are responsible for preparing the Report of the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are responsible and prudent;
- state whether applicable accounting standards have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees have overall responsibility for ensuring that the charity has appropriate systems of internal control across the entire organisation. The systems of internal control are designed to provide reasonable but not absolute assurance against material misstatement or loss.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website in accordance with legislation in the United Kingdom governing the preparation and dissemination of financial statements.

**THE BODY DYSMORPHIC DISORDER FOUNDATION**

**REPORT OF THE TRUSTEES**  
**FOR THE YEAR TO 30 SEPTEMBER 2020**

**Statement as to Disclosure of Information to the Independent Examiner**

The trustees of the charity who held office at the date of approval of this report confirm that, so far as they are each aware, there is no relevant information of which the Independent Examiner is unaware and each trustee has taken all steps that they ought to have taken as a trustee to make themselves aware of any relevant information and to establish that the Independent Examiner is aware of that information.

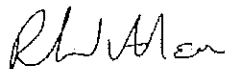
No members have required the charity to obtain an audit of its accounts for the year in question in accordance with The Charities Act 2011 sec. 144(1)(audit). The trustees acknowledge their responsibility for:

- a) ensuring the charity keeps accounting records which comply with the Charities SORP (FRS 102); and
- b) preparing accounts which give a true and fair view of the state of affairs of the charity as at the end of its financial year and of its surplus or deficit for the financial year which comply with the requirements of the Charities SORP (FRS 102) relating to accounts, so far as applicable to the charity.

**Related parties**

The charity has no related parties, other than as disclosed in the notes to the financial statements.

Approved by order of the board of trustees on 6 May 2021 and signed on its behalf by:



Dr R Willson - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
THE BODY DYSMORPHIC DISORDER FOUNDATION**

I report to the trustees on my examination of the accounts of The Body Dysmorphic Disorder Foundation for the year to 30 September 2020 set out on pages 8 to 12.

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body for this report.

**Responsibilities and basis of report**

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

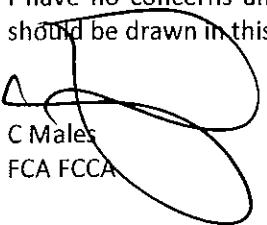
Your attention is drawn to the fact that the charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the charity as required by Section 130 of the Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

  
C Males  
FCA FCCA

7 May 2021

SJ Males & Co  
Chartered Certified Accountants  
Basepoint Business and Innovation Centre  
110 Butterfield, Great Marlings  
Luton, Bedfordshire LU2 8DL

**THE BODY DYSMORPHIC DISORDER FOUNDATION**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR TO 30 SEPTEMBER 2020**

		2020			2019		
		Unrestricted fund	Restricted fund	TOTAL	Unrestricted fund	Restricted fund	TOTAL
Note							
s							
<b>INCOMING RESOURCES</b>							
<b>Incoming resources from generated funds</b>							
Voluntary income	2	£19,280	£15,397	£34,677	£15,020	£11,299	£26,319
Investment income		-	-	-	-	-	-
Total incoming resources		<u>£19,280</u>	<u>£15,397</u>	<u>£34,677</u>	<u>£15,020</u>	<u>£11,299</u>	<u>£26,319</u>
<b>RESOURCES EXPENDED</b>							
Charitable Activities	3	£10,287	£13,689	£23,976	£8,203	£8,304	£16,507
<b>Costs of generating funds</b>							
Fundraising & PR Consultant		£7,050	-	£7,050	£600	-	£600
Governance costs		£2,199	-	£2,199	£2,293	-	£2,293
Total resources expended		<u>£19,536</u>	<u>£14,127</u>	<u>£33,225</u>	<u>£11,096</u>	<u>£8,304</u>	<u>£19,400</u>
<b>NET INCOMING RESOURCES</b>		<u>£(256)</u>	<u>£1,708</u>	<u>£1,452</u>	<u>£3,924</u>	<u>£2,995</u>	<u>£6,919</u>
Total funds brought forward		<u>£29,662</u>	<u>£14,970</u>	<u>£44,632</u>	<u>£25,738</u>	<u>£11,975</u>	<u>£37,713</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>£29,406</u></u>	<u><u>£16,678</u></u>	<u><u>£46,084</u></u>	<u><u>£29,662</u></u>	<u><u>£14,970</u></u>	<u><u>£44,632</u></u>

**Continuing operations**

All income and expenditure has arisen from continuing operations.

The notes on pages 10 to 12 form part of these financial statements.




**THE BODY DYSMORPHIC DISORDER FOUNDATION**

**BALANCE SHEET**  
**AT 30 SEPTEMBER 2020**

	Notes	2020	2019
<b>CURRENT ASSETS</b>			
Cash at bank		£46,898	£45,647
Prepayments and Debtors	5	£824	£665
		<u>£47,722</u>	<u>£46,312</u>
<b>CREDITORS</b>			
Amounts falling within one year	6	£1,638	£1,680
<b>NET CURRENT ASSETS</b>		<u>£46,084</u>	<u>£44,632</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>£46,084</u>	<u>£44,632</u>
<b>NET ASSETS</b>		<u>£46,084</u>	<u>£44,632</u>
<b>FUNDS</b>	7		
Restricted funds		£16,678	£14,970
Unrestricted funds		£29,406	£29,662
<b>TOTAL FUNDS</b>		<u>£46,084</u>	<u>£44,632</u>

The financial statements on page 8 to 12 were approved by the Board of Trustees on 6 May 2021 and were signed on its behalf by:



Dr R Willson - Trustee

The notes on pages 10 to 12 form part of these financial statements.

## **THE BODY DYSMORPHIC DISORDER FOUNDATION**

### **NOTES TO THE FINANCIAL STATEMENTS** **FOR THE YEAR TO 30 SEPTEMBER 2020**

#### **1. ACCOUNTING POLICIES**

##### **Accounting convention**

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to the financial statements. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The Foundation constitutes a public benefit entity as defined by FRS 102.

##### **Exemption from preparing a cash flow statement**

Exemption has been taken from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

##### **Incoming recognition**

###### **Voluntary Donations**

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

##### **Expenditure recognition**

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

##### **Governance costs**

These comprise the costs of running the charity.

##### **Taxation**

The charity is exempt from tax on its charitable activities.

##### **Fund accounting**

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or trust deed. There is a single restricted fund in respect of a Lottery Fund Grant received during the current financial year. This fund is to be used specifically on setting up a Structured Support Group in London.

Unrestricted funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects, which include designated funds where the trustees, at their discretion, have created a fund for a specific purpose.

**THE BODY DYSMORPHIC DISORDER FOUNDATION**

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR TO 30 SEPTEMBER 2020**

**2. INCOME**

	<b>2020</b>	<b>2019</b>
<b>2A) VOLUNTARY INCOME - Unrestricted funds</b>		
Donations	£13,666	£13,285
Conference Receipts	£5,315	£1,438
Book Sales	£299	£297
<b>TOTAL VOLUNTARY UNRESTRICTED FUND INCOME</b>	<b>£19,280</b>	<b>£15,020</b>
<b>2B) VOLUNTARY INCOME - Restricted funds</b>		
Lottery grant	£9,649	£10,000
Schools project grant	£5,248	-
Structured Support Group Income	£500	-
Ardonagh Trust	-	£1,299
<b>TOTAL VOLUNTARY RESTRICTED FUND INCOME</b>	<b>£15,397</b>	<b>£11,299</b>
<b>3) RESOURCES EXPENDED – UNRESTRICTED FUNDS</b>		
a) Charitable activities – Operations Managers Fees	£10,287	£8,203
<b>TOTAL UNRESTRICTED FUNDS EXPENDED</b>	<b>£10,287</b>	<b>£8,203</b>
<b>3) RESOURCES EXPENDED – RESTRICTED FUNDS</b>		
Awareness of body dysmorphic disorder		
a) Governance costs including book purchases	£1,138	£114
b) Structured Support Group costs	£3,579	£5,199
c) Conference costs	£-	£790
d) Room hire for conference	£1,608	£2,201
e) Creation of video content	£7,364	-
<b>TOTAL RESTRICTED FUNDS EXPENDED</b>	<b>£13,689</b>	<b>£8,304</b>

**4) TRUSTEE REMUNERATION AND BENEFITS**

A trustee was paid fees for expertise in disseminating awareness of body dysmorphic disorder during the year of £5,985 (2019: £8,203). There were no other benefits for the year ended 30 September 2020.

**TRUSTEE EXPENSES**

Trustees were reimbursed expenses totalling £- (2019: £330) for the year ended 30 September 2020.

**5) DEBTORS**

	<b>2020</b>	<b>2019</b>
Monies held by PayPal	£824	£665
Debtor for donations & book sales	-	-
	<b>£824</b>	<b>£665</b>

**THE BODY DYSMORPHIC DISORDER FOUNDATION**

**NOTES TO THE FINANCIAL STATEMENTS – CONTINUED**  
**FOR THE YEAR TO 30 SEPTEMBER 2020**

**6) CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>2020</b>	<b>2019</b>
Accrued expenses	<u>£1,638</u>	<u>£1,680</u>
	<u>£1,638</u>	<u>£1,680</u>

**7) MOVEMENT IN FUNDS**

	Fund Balance B/F	Incoming resources	Outgoing resources	Net movement in funds	Fund balances carried forward	
					<b>2020</b>	<b>2019</b>
<b>Unrestricted funds</b>						
General fund	£29,662	£19,280	£19,536	£(256)	£29,406	£29,662
<b>Restricted funds</b>						
Structured Support Group	£1,662	£500	£2,162	£(1,662)	£-	£1,662
Lottery Grant – 2019 conference	£7,009	£-	£5,219	£(5,219)	£1,790	£7,009
Lottery Grant – covid relief	£-	£9,649	£1,588	£8,061	£8,061	£-
Schools Project	£6,299	£5,248	£4,720	£528	£6,827	£6,299
<b>TOTAL FUNDS</b>	<u>£44,632</u>	<u>£34,677</u>	<u>£33,225</u>	<u>£1,452</u>	<u>£46,084</u>	<u>£44,632</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
<b>Unrestricted funds</b>			
General fund	£19,280	£19,536	£(256)
<b>Restricted funds</b>			
Structured Support Group	£500	£2,162	£(1,662)
Lottery Grant – 2019 conference	£-	£5,219	£(5,219)
Lottery Grant – covid relief	£9,649	£1,588	£8,061
Schools Project	£5,248	£4,720	£528
<b>TOTAL FUNDS</b>	<u>£34,677</u>	<u>£33,225</u>	<u>£1,452</u>